Lifestyle Med Revolution
21 DAY DANIEL FAST
Kickstart to Your Health Transformation!

Schedule of Events

* Note: All events are virtual, by Zoom*

Information Session and Q&A
General track: Thurs, 10/29/26 @ 7 PM ET or Sun 11/1/26 @ 7 PM ET

Zoom Link for Intro ONLY:
https://us06web.zoom.us/j/81621791816?pwd=cDNUeFdVbHNYS2M3MHhURHorcG1JQT09
Zoom link for the rest of the Daniel Fast events will be given after you join!

To join the fast: https://linktr.ee/lifestylemedrevolution

Check with your health care provider before beginning the fast
Check your weight, blood pressure (and blood sugar if diabetic) and take a full-length, left and right side photos before beginning the fast.

Week 1:	**11/2-11/6**	M-F	Prayer Call at **7am ET (Weekdays, Monday-Friday)**
	11/3	Tue	Group Coaching at **8pm ET**
	11/5	Thu	Group Coaching at **8pm ET**
Week 2:	**11/9-11/13**	M-F	Prayer Call at **7am ET (Weekdays, Monday-Friday)**
	(EXCEPTION: NO PRAYER CALL ON WED, 11/11, VETERANS DAY)		
	11/12	Thu	Food Labels Education at **7pm ET**
	11/14	Sat	Grocery Store Tour at **10am ET**
	11/15	Sun	Interactive Virtual "Cook-Together" at **6pm ET**
Week 3:	**11/16-11/20**	M-F	Prayer Call at **7am ET (Weekdays, Monday-Friday)**
	11/17	Tue	Group Coaching at **7pm ET**
	11/19	Thu	LM Presentation by Dr. Bowman at **7pm ET**
	11/21	Sat	Documentary Watch Party and Discussion at **7pm ET**
	11/22	Sun	The Completion - Wrap up and Moving Forward at **6pm ET**

Events dates maybe subject to change. Please check the WhatsApp chat for latest dates and times